



HONEY RECIPES





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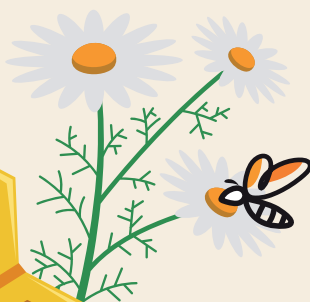
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Aubergines with honey from Xurés

Ingredients

2 aubergines
Flour for frying
Salt
Extra virgin olive
Honey

Preparation

Wash the aubergines well and cut them into strips, It isn't necessary to peel them. They can also be cut into slices. Put them in water with a little salt for about 15 minutes, drain and dry well with kitchen paper. Flour well and fry in olive oil. The oil must be very hot so that the aubergines cook well without absorbing oil, but not too hot so that they don't burn. Once they are golden brown, take them out and place them on kitchen paper. When they are all fried, serve them in a plate and put a little flakes salt and a few strands of honey.





Baked brie with walnuts and honey

Ingredients

200 g of brie cheese
a sprig of thyme
5-6 walnuts, halved
a sprig of rosemary
2-3 tablespoons of honey

Preparation

Remove the brie from the wrapper and place it in a pan or a deep baking tray. Preheat the oven to 200 degrees. Put the brie in the oven and bake for 5 minutes.

Take the cheese out of the oven and arrange the walnuts on it, add the herbs and return to the oven for another 5 minutes.

Remove from the oven, allow to cool for 2-3 minutes then pour the honey over the brie.

Serve as a warm appetizer with thinly sliced wholemeal or plain white toasted bread.





Istrian soup

Ingredients

red wine (Teran or Borgonja)

olive oil (Buža or Rošinjola variety)

honey

stale homemade bread

pepper

Preparation

Bake the piece of sliced bread (1 cm thick - 200 g) on the grill. Put 1 to 1 1/2 tablespoon of honey and a pinch of pepper in the bukalet (an earthen jug in which soup is prepared and drunk from).

Pour 1 teaspoon of extra virgin olive oil and 1 L of slightly heated red wine and stir the mixture. Dip the baked bread halfway into the wine and serve.





Sweet potato and honey fritters

Ingredients

FRITTERS:

- 1 kg sweet potato
- 2 eggs
- 3 tablespoons plain flour
- 1 teaspoon salt
- 1 teaspoon ground pepper

SPREAD (for the filling):

- 200 g cream cheese
- 3 tablespoons honey
- 1 tablespoon pepper
- ½ teaspoon salt

Preparation

Start preparing the mixture for the fritters. Grate the sweet potatoes, add all the ingredients and put in a cold place for a few minutes. While the mixture is cooling, make the spread.

Put cream cheese, honey and spices in a bowl and stir well. The spread must be creamy. Heat a frying pan and add two tablespoons of oil.

Place a tablespoon of the mixture on the pan and flatten it evenly. Fry until brown. Place the fritter on a kitchen paper towel to remove excess oil. Serve warm with spread.





Roasted cauliflower in honey sauce

Ingredients

CAULIFLOWER:

Cauliflower inflorescences

2 eggs

wheat flour

breadcrumbs

flavourings according to taste

SAUCE:

butter

chillisaucе

tomato paste

honey

Preparation

Whipped the eggs slightly. Dip the cauliflower inflorescences into the egg, then in the dry flavoured mixture of flour and breadcrumbs.

Cook the inflorescences in Air Fryer by 200°C for 12-15 minutes. Boil together the ingredients for the sauce, and pour it on the cauliflower.





Cheese puffs

Ingredients

1 piece puff pastry
100 g chevre cheese
4 tablespoons honey
5 nuts
Flax seed

Preparation

Cut the puff pastry into small squares.
Place chevre cheese cut into pieces on each square.
Put chopped walnuts and honey on top of the cheese.
Close the puffs by joining the ends together.
Sprinkle with flax seeds
Bake at 200°C for 10 minutes.





Brie Cheese with Honey and Dried Fruits

Ingredients

1 brie cheese
nuts or dried fruit
honey

Preparation

This is the easiest starter ever! Everyone will love it and can be prepared in under 15 minutes.

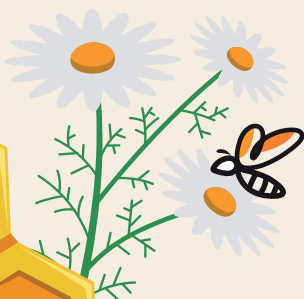
Make a few blows on the cheese, arrange the nuts and cover with honey. Bake in a hot oven at 180°C for 10 minutes.

Serve with toasted bread.



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Ham, figs, goat cheese and honey salad

Ingredients

3/4 figs
1 small goat cheese (hard)
enough ham
enough nuts
Green salad (lettuce, arugula, spinach,...)

SAUCE:

1 tablespoon honey
2 tablespoons mustard
1 tablespoon olive oil
black pepper

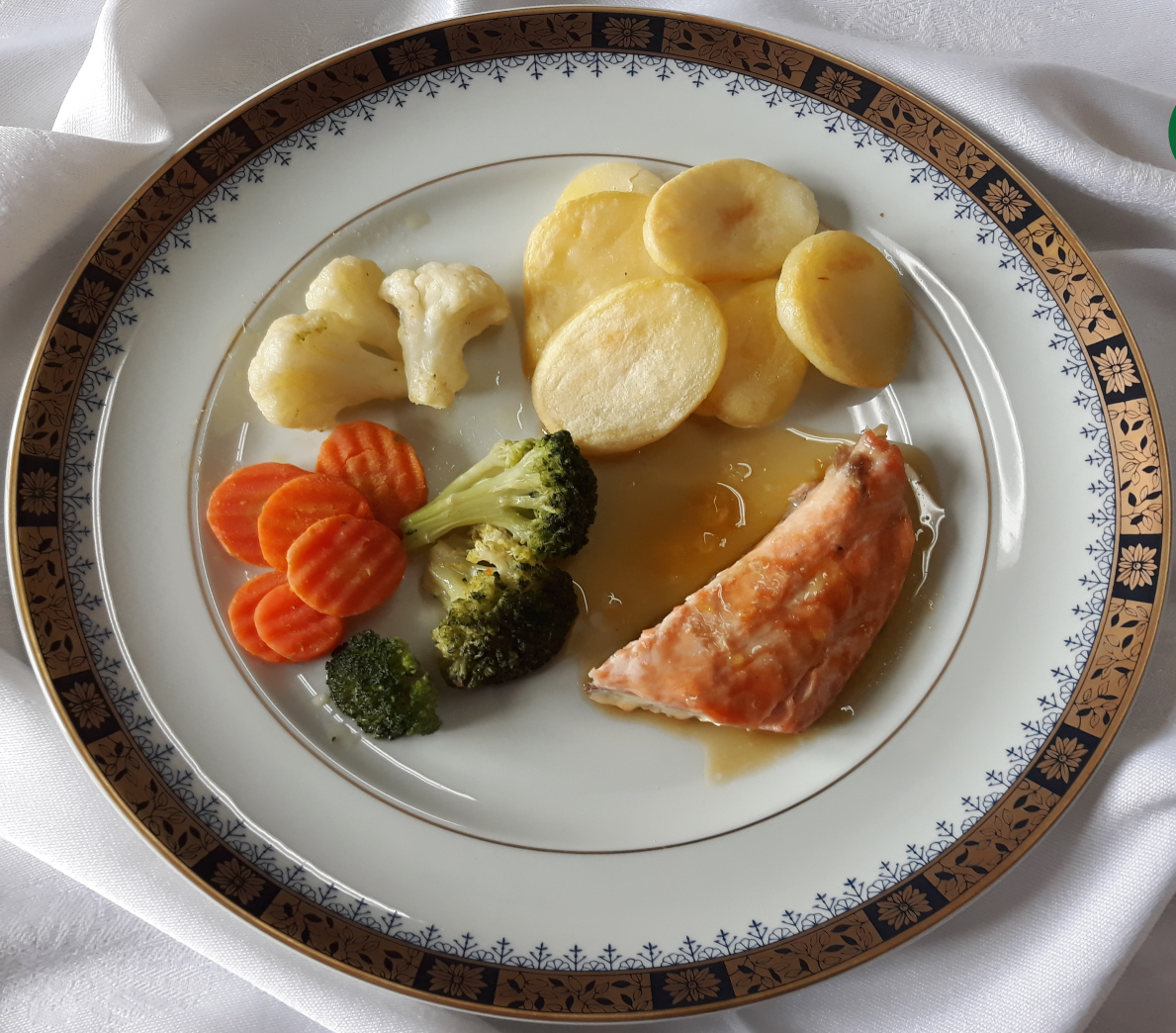
Preparation

In a deep dish, place the green salad base. Break the ham slices into smaller pieces and place on top of the green salad. Cut the goat cheese into cubes and add to the dish. Reserve.

For the sauce, combine all the ingredients in a container with a lid (Tupperware, bottle,...). Shake the mixture and taste. Rectify the seasoning. Add 2/3 of the sauce and mix well. Cut the figs into 3 or 4 parts and place on top of the salad.

Finish with the rest of the sauce and crushed walnuts.





Salmon with honey & orange sauce

Ingredients

4 salmon slices (approximately 200 g each)
300 g potato slices
150 g broccoli sprouts
150 g cauliflower sprouts
150 g carrot slices.

SAUCE:

20 g honey
25 g freshly squeezed orange juice
2 g powdered neutral gelatine

Preparation

Put the salmon slices with the potatoes and the vegetables into a tray and season with salt and olive oil.

Put the tray into the oven at 200 °C for 45 minutes.

Meanwhile prepare the sauce: obtain the orange juice by squeezing the oranges and add the gelatin and the honey.

Take the mixture to the microwave at 900 W for 10 seconds for better homogenization.

Then keep in the cold (in the refrigerator) until use or until obtaining the desired consistency (usually 30 minutes are suitable).





Beef Carpaccio with honey mustard vinaigrette

Ingredients

200 g. veal (from tenderloin pieces, sirloin, round...)

VINAIGRETTE:

2 tbsp. mustard and honey sauce

1 tbsp. vinegar

1 teaspoon of capers

2 tbsp. extra virgin olive oil

GARNISH:

rocket and pine nuts

parmesan cheese

Preparation

The ideal way to prepare the meat for this dish is to freeze it and cut the slices very thinly, when the meat is in the middle of the defrosting process. Place the carpaccio slices on the platter separately so that they are impregnated with the vinaigrette that we will add later, and so that it is easier to pick them up with the fork and so that they do not stick to each other.

Sprinkle the meat with the pine nuts and rocket leaves. Prepare the vinaigrette by mixing the honey mustard sauce, extra virgin olive oil, capers and vinegar in a glass jar with a lid. Close the jar and shake well until all the ingredients are emulsified and it is ready. Drizzle some of the vinaigrette over the carpaccio slices and grate Parmesan cheese over the whole.





Honey chicken with thyme and rosemary

Ingredients

400 gr. chicken legs
2 sprigs of thyme
2 sprigs of rosemary
250 gr. of new potatoes as garnish
5 spoonfuls of Galician honey
50 ml. of extra virgin olive oil
Salt and freshly ground black pepper
2 tablespoons soy sauce
water

Preparation

Season the chicken with salt and pepper and marinate it with the honey, soy sauce, a good splash of extra virgin olive oil, thyme and rosemary. Leave it to marinate for half an hour in the fridge. In the meantime, boil the potatoes or cook them in the microwave.

Heat two tablespoons of extra virgin olive oil in a large frying pan. When it is very hot, remove the chicken from the marinade and add it to the frying pan. Brown the chicken without cooking it too much, just to seal the skin and make sure it is juicy on the inside. One minute on each side is more than enough. Once the breasts have changed colour, add the sauce from the maceration of the chicken to the frying pan with all the fillets. Let it cook well for 5 minutes. In the last minute of cooking, add the potatoes cut in half so that they get the flavour of the sauce. It is best to add a few spoonfuls of water so that we have a little more liquid on the plate. Assemble the dish by placing the chicken fillets with the sauce and the potatoes.





Panellets of honey and orange

Ingredients

60 ml fresh orange juice
75 g honey
130 g ground almonds
pinch of salt (2 g.)
pinch of ground cinnamon (3 g.)
25 g grated coconut

COATING:

pine nuts
almond kernels
grated coconut
1 egg white to brush before baking

Preparation

Put the orange juice in a saucepan and add the honey. Heat until the honey integrates with the juice. It does not need to boil. Remove the saucepan from the heat and add the ground almonds, all at once, a pinch of salt and a pinch of ground cinnamon. Add the grated coconut and stir until you have a soft, slightly moist but malleable dough. Leave to cool and rest in the fridge for about 15 minutes. In the meantime, arrange three bowls with the three different coatings. Prepare a fourth bowl with the egg white and a brush. Remove the dough from the fridge and form the panellets. Take small portions of dough and roll them in coating, making sure they are well coated on all sides. Place the panellets on the baking tray, covered with parchment paper, and brush with the beaten egg white. Bake in the oven, preheated to 175° C with heat up and down, for about 7-8 minutes or until golden brown. Leave to cool before serving.





Turkey fillets with honey

Ingredients

- 4 chicken breasts
- 1 onion cut into brunoise
- 2 tablespoons of honey
- Juice of one lemon
- 1 teaspoon of balsamic vinegar
- 3 tablespoons olive oil
- Salt and black

Preparation

Firstly, cut a onion finely and fry it in a pan, cover the pan with oil and let the onion caramelize for about 15 minutes. After time, add the honey, lemon, the black pepper and virgin olive oil. After 2 or 3 minutes, add the tablespoon of balsamic vinegar.

Turn off the heat and let It cool down and pass the sauce through a blender to obtain a fine texture.

Reserve two teaspoons of this sauce that we will use next. In the same frying pan where you have been frying the onion, add a little more olive oil.

Season the breasts and brown them in the pan with 2 teaspoons of the sauce. Once the chicken is browned on both sides, place it on the microwave and pierce the breasts with a fork for all sides and cover it with plastic film.





Chicken wings in honey marinade

Ingredients

5 tablespoons honey
1 tablespoon coarsely
chopped chilli
1 tablespoon chopped garlic
1 teaspoon salt
2 tablespoons soy sauce
50 g of softened butter
1 kg of chicken wings

Preparation

Preheat the oven to 180 °C. Prepare the marinade in a large bowl and mix all the ingredients except the wings. Clean the wings and mix them into the marinade.

Leave them in the marinade for a minimum of 1 hour. Transfer the wings to baking paper and pour the rest of the marinade over them.

You can add more honey if desired. Bake for 30 minutes at 180 °C. Serve with a seasonal salad.





Ribs with honey

Ribs with honey

Ingredients

1kg soft pork ribs
4 cloves of garlic
1 lemon
1 dl of ketchup
2 soup spoons of honey
1 kg of potatoes
1 dl of oil
1 chilli pepper
salt and pepper as desired

Preparation

Sprinkle salt and pepper on pork ribs, use the saw to cut the bones and place them on the bottom of a tray. Cut the garlic and the chilli pepper into thin slices and add them to the meat.

Thoroughly mix the honey and the ketchup and coat the top part of the meat. Pour over the oil and bake in a preheated oven at the temperature between 180 °C and 190 °C for around one and a half hour, depending on the thickness and the size of the pork ribs. You can use more chilli peppers if desired. The dish can also be served cold.





Roast pork loin with apples and honey

Ingredients

1 kg of pork loin with skin
4 Granny Smith apples
1 large onion
salt and pepper
ground smoked red pepper
5 tablespoons honey

Preparation

Season the meat well with salt, pepper and ground pepper and let it rest for a while. Wash the apples and the onions and cut them into quarters. Season the apples and onions with honey and stuff the meat with them. Tie the stuffed pork loin with kitchen thread in several places. Place the meat in a large bowl. Drizzle it with a bit of water or vegetable stock and place it in a preheated oven at about 180 °C. Cover the meat with aluminium foil at the beginning.

Bake for about 1 hour, constantly drizzling with the juice secreted by the meat. After an hour, raise the temperature to 200 °C, also with constant drizzling. Depending on the size of the pork loin, bake for 2 to 3 hours. Towards the end, coat the meat with honey and bake until done.



Source: Varžak honey (<http://www.varzakmed.hr>)



Cured salmon

Ingredients

About 1 kg of salmon fillet (two fillets)

3 tablespoon of honey

2 tablespoon of rough salt

1 teaspoon of crushed pepper

2-3 tablespoon of cognac or

vodka

Lots of fresh dill

Preparation

Mix all the ingredients, except the fish, in a bowl. Then take two fresh salmon fillets, place them on the table so that the thinner part of one piece is aligned with the thicker part of the other piece.

Place the inner sides of the fillets facing each other, grease the mixture between these two fillets and compress them slightly together. Place the filled into a plastic bag, press the air out and close the bag. Put it into refrigerator and leave under some weight.

Turn the package over twice a day, do it during three days. Sometimes it is served with mustard sauce and boiled potatoes or just on a slice of bread.





Wild boar flavoured with honey

Ingredients

About 1.5 kg of wild boar meat
Grounded juniper berries
Herbal flavourings, onion, garlic
just like you wish
3-4 tablespoon of liquid honey
Salt
Water

Preparation

Let the meat should be kept in room temperature for about 30 minutes. Then cover the meat with honey and seasoning except the salt! Pour some water to raise the moisture in pot. Cook the meat in oven at 130-140 °C for 3 h in a covered cast-iron pot or baking bag.

After the meat is cooked add the salt and let the meat stew under the cover with its own heat.





Minced meat discs with honey and peppermint

Ingredients

About 2 kg of minced meat (pork or pork/beef)

Salt, rather less than more

Some pepper

Much of finely hacked fresh peppermint

3-4 tablespoon of liquid honey

2-3 eggs

Preparation

Mix all the ingredients until it is homogeneous. Form the dough to smaller or larger balls either using a spoon or your hand.

Put the dough on hot frying pan, press little bit and roast both sides until the colour turns nicely brown. The juiciness depends on the length of roasting. Eat them as snacks or on bread or with rice/pasta/potatoes like you wish.





Spareribs in honey mop sauce

Spareribs in honey mop sauce

Ingredients

RIBS:

spareribs
salt, pepper and onion powder

SAUCE:

butter or oil
one big onion
1 tsp salt and 2 tsp pepper
powdered garlic
3 Tbsp honey
2 Tbsp apple cider vinegar or
wine vinegar
1 Tbsp Worcestershire sauce
1 cup of tomato paste
little bit of some brown alcohol

Preparation

Dry the ribs and rub it with flavourings. Wrap the ribs in aluminium foil and cook in Air Fryer at 140°C for 60 minutes.

Fry finely chopped onion with butter until it's glazy, add all other ingredient and boil. The longer boiling time makes the result even better.

Take the meat from foil, cover it with the Mop sauce, and cook again in Air Fryer at 200°C for 10 minutes, then renew the sauce on the meat and cook 5 minutes more.

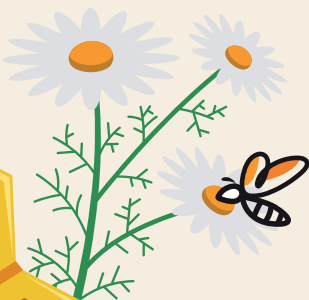
When using classical oven, the temperature should be about 20 °C higher and cooking time about 30% longer.





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French toast with honey

Ingredients

1 loaf stale bread
4 eggs
1 cinnamon stick
1 vanilla stick
1 soup spoon of brandy
2 litres of milk
Orange peel and
cinnamon stick
Honey
100 grams of sugar
Olive oil

Preparation

Boil the milk together with a cinnamon stick and the orange peel. When it has boiled, removed until the milk is warm and then add the sugar, stirring so that it dissolves. Cut the bread into slices about two centimetres thick and place them in a bowl to soak in the milk from which the cinnamon and orange peel have been removed; let them soak well but make sure they do not fall apart.

Dredge the slices, drained of the milk, in the beaten eggs and fry in a frying pan with plenty of oil.





Honey pie

Ingredients

DOUGH:

50 dkg of flour
12 dkg of honey
6 dkg of margarine
20 dkg of sugar
2 eggs
baking powder

CREAM:

0.5 l of milk
20 dkg of sugar
6 tablespoons of flour
2 packs of vanilla sugar
25 dkg of margarine

Preparation

Knead the dough with the listed ingredients. Divide the dough into 4 pieces and weigh each one on the scale. Roll them up and place them on the tray with the baking paper.

Bake one at a time at 180 °C for about 10 minutes. In the meantime, make the cream by starting with cooked milk. Wisk the sugar, vanilla sugar and flour and pour them slowly into the hot milk while stirring constantly.

Lower the heat and stir until thickened. Finally, add the margarine. When the crusts are done and cooled, put the cream between them and





Honey squares

Ingredients

200 g flour
350 ml milk
2 tablespoons oil
100 g sugar
1 teaspoon of gingerbread (honey cookies) spice mix
1 teaspoon of baking soda
300 g dark chocolate

Preparation

Put all the ingredients in a larger bowl and mix. Preheat the oven to 180 degrees. Coat the baking tray with butter and pour half of the dough into it.

Bake for 10 minutes. Remove from the oven and coat with your favourite jam, then pour over the rest of the mixture and bake for another 20 minutes. When cool, pour melted dark chocolate over it.





Plum pie with honey

Ingredients

DOUGH:

- 300 gr of flour
- 150 gr of butter
- 100 gr of sugar
- 2 teaspoons of sour cream
- 1 lemon zest and a pinch of salt

FILLING:

- 1 kg of plums
- 150 ml of sweet cream
- 3 soup spoons of honey
- 1 egg
- 1 packet of vanilla sugar
- 1 tablespoon of plum brandy
- cinnamon as desired

Preparation

Use the ingredients for the dough to knead a crispy dough for the pie, shape it to form a ball, wrap it in a transparent foil and put it into the fridge for half an hour. Remove the pits from the plums and cut them into large slices.

Whip the sweet cream, honey, eggs and plum brandy. Roll the dough and put it into a pie pan (28 cm in diameter). Prick its bottom with a fork and put it into the oven for 5 minutes. Allow it to cool and pour the previously prepared filling over.

Place the sliced plums on top of it and sprinkle it with cinnamon and vanilla sugar. Place it back in the oven and bake for an additional 20 minutes at the temperature of 180 °C





White bread with fresh honey

Ingredients

Some slices of bread

Fresh liquid honey

A glass of cold milk, if you want

Preparation

Just trickle the honey on the bread, wait few minutes until the bread sucks the honey, and enjoy!

This is very popular dessert in Estonia. The quickest thing to prepare. Those who like milk, drink cold milk when eating the sweet bread. They say, it smoothes the strong sweet taste.





Carob flour pancakes with honey

Ingredients

- 1 egg
- 2 tablespoons of white sugar
- 2/3 cup of milk
- 1 cup carob flour
- 2 tablespoons of olive oil
- 1/2 teaspoon vanilla essence
- 1 teaspoon of baking powder
- salt (pinch)
- Enough honey
- Enough seasonal fruit
- Enough dry fruits

Preparation

Place the egg and sugar in a bowl. Mix well until well mixed. Add the milk, oil and vanilla essence. Involve well. Add the sifted flour, the baking powder and a pinch of salt. Involve until you get a consistent half-liquid paste. In a skillet, heat a little oil. With a ladle pour the mixture and let it cook well on one side. When you have some "bubbles" turn.

Remove the pancake and serve hot or warm, adding honey on top. Finish with some seasonal fruits and nuts.





Honey fruitcake

Ingredients

113g unsalted butter, melted
120g buttermilk, kefir, yogurt or milk
170g honey
2 large eggs
2 tablespoons rum
2 tablespoons olive oil
240g all-purpose flour
2½ teaspoons baking powder
½ teaspoon cinnamon, ginger,
nutmeg, fine sea salt
80g raisins
70g dried currants
180g dried cherries, cranberries and
prunes, mixed
Zest of 1 small orange

Preparation

Preheat the oven to 350°. Grease a 9 x 5-inch loaf pan. In a large bowl, whisk together the butter, buttermilk (kefir, yogurt or milk), honey, eggs, rum, and olive oil. In a medium bowl, sift together the flour, baking powder, cinnamon, ginger, nutmeg, and salt. Fold the flour mixture into the buttermilk mixture until the flour is completely absorbed. Fold in the raisins, currants, cherries, cranberries, prunes, and orange zest.

Pour the batter into the prepared loaf pan. Bake the bread for 50 to 55 minutes until a toothpick comes out clean in the center. Let cool in the pan for 10 minutes, then unmold the loaf and let cool on a rack for 30 minutes before serving.





Honey and rhubarb galette

Ingredients

DOUGH:

- 6dl (310g) wheat flour
- 2 tablespoons sugar
- ½ tsp salt
- 120g butter
- 1.2 dl chilled water

FILLING:

- 5-6 rhubarb stalks
- 1 organic lemon
- 3 tsp organic honey
- 1 egg
- 2 tsp pearl sugar

Preparation

Combine flour, sugar salt and butter in a food processor and blend until you have fine crumbs. Add the water little by little until dough is soft and sticks together. Roll the dough into a short disk, wrap in plastic and refrigerate for 30 minutes. Wash the rhubarb stalks and cut them into diagonal slices of approx. 3 cm and put them in a bowl. Grate the lemon and squeeze the juice. Then set both aside. Turn the rhubarb in lemon juice and honey. Remove the dough from refrigerator and roll it out on a floured kitchen counter until it is approx. 0.5 cm thick, then lift it onto a baking sheet. Arrange the rhubarb pieces in a zig-zag pattern or evenly outwards, leaving a 5 cm edge. Fold the edge of the dough over the rhubarb in a fan shape. Whisk the egg, brush the edge of the pie and sprinkle with powdered sugar. Bake the galette for 34-45 minutes at 180 °C (pre-heated), until the crust is golden and crispy.





Baked apple with honey and cinnamon

Ingredients

6 apples
honey and cinnamon
Dried fruit
4 chopped pecans

Preparation

Remove the centre from 6 apples, cut the apples in half. Place on a baking tray, sprinkle with cinnamon, add walnuts to taste and drizzle with honey. Bake at 180°C for 30 minutes.

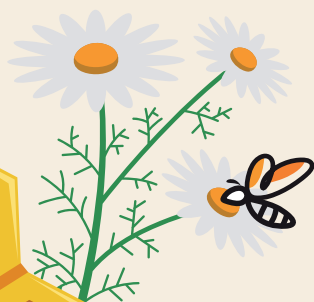
Serve with whipped cream or yougurt and extra honey.





Biscuits & Cookies

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“Scauratièddi” from Cilento

Ingredients

500 grams of flour
1 l of water
1 orange/ lemon peel (liking)
½ glass of white wine
Olive oil as required (to roll the dough)
Honey as required (to serve)
FOR FRYING:
sunflower oil as required
1 teaspoon of baking soda (or packet of yeast)
A pinch of salt

Preparation

Heat a liter of water in a pot with the citrus peels, a drizzle of oil, salt and honey. As soon as the water boils, remove the peels. Remove the saucepan from the heat, pour the flour by stirring quickly and clumps do not to form in the dough.

Pour the dough over a pastry broad already oiled and work the dough a little more (help yourself with a rolling pin).

Form long “fusilli” with the dough obtained (still warm) and knot them shaped like little bows.

In a pot with plenty preheated oil submerge the Cilento “scauratièddi” until they reach a good browning.

When the fry is completed put them on the blotting paper and replace them on a serving plate until golden brown.





Honey cookies ("Mostaccioli from Cilento")

Ingredients

500 grams of flour
1 l of water
1 orange/ lemon peel (liking)
½ glass of white wine
Olive oil as required (to roll the dough)
Honey as required (to serve)
FOR FRYING:
sunflower oil as needed

Preparation

Put the main ingredients in a large bowl: flour, egg, sugar, butter, honey, a pinch of salt and a teaspoon of baking soda. Knead the ingredients together until you get a homogeneous and smooth dough (if the dough turns out to be hard add a bit of honey, instead, if the dough is soft add the flour). Roll up the dough in clingfilm and put it in the refrigerator for about an hour.

On the pastry board cut the dough into four equal parts and spread them out until they are about 2 cm height. Lay the pieces down on the dripping-pan of the oven completely covered with baking paper and bake at 170°/180°C for about 15 minutes until golden brown.

Take them out of the oven and let cool. Then cut them into pieces. Don't worry if just out of the oven are a little hard because the in the following days.





Struffoli

Ingredients

1 kg of flour
250 grams of sugar
200 grams of leaf lard or margarine
1 small paper bag of baking powder
1 grated lemon zest
Extra virgin oil (for frying)
200 grams of sugar
500 grams of honey (chestnut or wildflower honey)
A cup of water
Colorful confetti
Candied citron (to liking)

Preparation

On the pastry board pour the flour, then add the eggs, softened margarine, sugar, yeast and the grated lemon zest. Knead until you get an elastic and homogeneous mixture, then detach the pieces of dough and thin them with your hands creating a small snake double as a little finger. Cut them into many pieces about half a centimeter and place them in a floured plate. Heat plenty of oil in a frying pan and when it's hot, pour, little by little, the "struffoli" frying them until golden brown on the whole surface. Next, drain them and put them away to dry on a paper towel.

Meanwhile, put honey with sugar and water in a pan and stirring over and over again, bring to a boil. When the honey turns foamy, turn off the flame and wait until the foam disappears, then pour the "struffoli" with colored confetti and mix everything well, then pour them into a serving plate.





Grandmother's Margarida cookies

Ingredients

5 eggs
125 g of sugar
125 g of honey
1 teaspoon (approx. 5 g) of
baking powder
150 ml of olive oil
4 g cinnamon
450 g flour

Preparation

In a bowl, mix the eggs, sugar, honey and cinnamon. Then add the oil, mixing everything again very well. Next add the flour and the baking powder, mixing all the ingredients vigorously. Let it rest for 15 minutes.

In the meantime, grease a tray with olive oil and cover with a thin layer of flour powder. Place a layer of dough approximately 2 cm height and bake at 180°C until cooked. Once cooked, remove from the oven and cut the cooked dough into cubes and unmold.





Paprenjaci (pepper biscuits)

Ingredients

3 1/2 cups all-purpose flour
1 1/2 sticks unsalted butter,
softened
3/4 cup sugar
2 tablespoons honey
1 egg and 3 egg yolks
1 1/2 cups ground walnuts
1 1/4 tsp ground cinnamon
1/2 tsp ground nutmeg
1/4 tsp ground cloves
1 tsp ground black pepper
1/4 tsp salt

Preparation

In a large bowl, combine flour, walnuts, salt and spices and set aside. In a small bowl, combine egg and egg yolks and beat well, then set aside. Using a stand or hand mixer, combine sugar and butter and mix until light and fluffy. Then add the eggs and honey and mix until well-combined. Add dry ingredients while mixing well. Then remove the dough, wrap it in transparent foil and place it in the fridge for 2 hours. Preheat the oven to 190 °C and put baking paper on a cookie sheet. On a lightly floured surface, roll out the dough until about 6 mm thick. Use a stamp, mould or a cookie cutter to achieve your desired cookie design. Cut out each cookie and place them on the prepared cookie sheet. Bake for 15 minutes until golden brown. Remove the cookies and allow them to cool on a cooling rack.





Medenjaci (honey cookies)

Ingredients

FOR 1 KG OF COOKIES:

250 g honey – chestnut or meadow honey

120 g sugar

100 g butter

600 g smooth flour

2 eggs

1 teaspoon of baking soda

Preparation

Mix sugar and honey with a wooden spoon. Then add softened butter and mix well again. Add the eggs and mix well once again. Finally, add 500 g of flour mixed with baking soda. Knead the dough with your hands and leave it to rest for about half an hour. Flour the base with the remaining 100 g of flour and shake the dough out of the bowl (so it does not stick to your fingers).

Make rolls from the dough (about 2 cm thick). Cut them in 2 cm long pieces and make little balls with your hand. Bake them in a preheated oven at 200 °C for about 10 minutes.

Leave the cooled honey cookies sealed in a plastic bag over night, and place them in a well-sealed box the next day.





Šape (bear paws)

Ingredients

600 g smooth flour
200 g fat
200 g sugar
1 teaspoon baking soda
vanilla sugar
a pinch of cinnamon
1 egg
2 dl honey

Preparation

Put flour in a larger bowl, and add baking soda, sugar, vanilla sugar and cinnamon. Mix everything and make a dent in the middle. Add fat, egg and honey and knead the dough. Let the dough rest for a while. Preheat the oven to 200 °C.

Coat the moulds thinly with grease and fill with the prepared dough (do not fill to the top because the dough will rise a little during baking). Arrange the filled moulds in a tin and place them in a preheated oven. Bake for about 15 minutes or until slightly browned and fragrant.

Remove from the oven, and after a few minutes, still hot, remove from the mould. Roll warm paws in powdered sugar.

Source: COOKam i guštam (<http://cookam.blogspot.com>)





Honey crackers

Ingredients

2 eggs
200 g of honey
600 g of flour
150 g of warm cream
15 g of vegetable margarine
5 g of baking powder

Preparation

Place the whole eggs in a bowl, add the honey, the flour, the cream, the vegetable margarine and the baking powder.

Roll out some dough with a rolling pin and cut the cookies to the desired shape, either with molds or simply with a glass to make them round or with a knife to make them square.

The cookies are placed on a tray previously greased with oil and sprinkled with flour. Place the tray with the cookies in the oven at 180°C for about 10-15 minutes. The oven must be preheated.

When the cookies are cooked and with the desired color, they are removed from the tray and left to cool.

Repeat this process until the dough runs out.





Drinks & Liqueurs

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Honey and walnut liqueur

Ingredients

18 young green walnuts
1 kg honey
2 l homemade brandy
2 lemons
1 orange
2 cloves
4 wormwood leaves
1 cinnamon stick
1 vanilla bean
5 coffee beans
1 vanilla sugar
1 l white wine

Preparation

Wash the walnuts, cut them in halves or into quarters. Wash the lemons and orange, cut them into slices and add to the pot.

Arrange a row of walnuts in a large pot or plastic bucket and pour half of the honey over. Add lemon, orange, clove, wormwood, cinnamon, vanilla and coffee beans and the rest of the walnuts and honey.

Finally, pour brandy over everything, mix well and cover. Keep the bowl in the sun for 40 days. Stir it a bit every day to combine the ingredients as well as possible.

After 40 days, strain the mixture through a gauze, add 1 litre of wine and vanilla sugar. Pour the resulting liqueur into glass bottles and keep them in a dark and cool place.





Lemon and honey liqueur

Ingredients

½ kg lemon
7 dl brandy
½ kg honey
1 dl lemon juice

Preparation

Cut the lemons, pour the brandy over them and leave to rest for 7 days. Strain after 7 days.

Slightly heat the honey (40 degrees) and add the strained brandy. Mix everything well and add about 1 dl of lemon juice if desired.





Medica (honey liqueur)

Ingredients

1 l grape brandy (lozovača)
900 g honey
500 ml water

Preparation

Boil the water in a bowl of a volume over 1 l. Add honey and stir it over low heat until it melts.

Add grape brandy to the melted honey and water and mix. Allow the mixture to cool and pour it into glass bottles. Store the bottles in a cool, dark place.





Smreka: Fermented Juniper Berry Juice

Ingredients

A couple of handfuls of ripe juniper berries
5 litres water
0.7 kg honey

Preparation

Pound the berries and boil them for a half of hour. Leave the drink into closed vessel and let it ferment for 2-3 days until it tastes sour. Then filter the liquid and add the honey.

Pour into bottles and keep in cool place.



Source: <https://balkanlunchbox.com/>



Estonian “honey-booze”

Ingredients

2-3 frames with beebread

Warm water

3-4 kg honey

Yeast approx. 150 gr

Preparation

Cut beebread out of 2-3 frames and place it into warm water. Dissolve beebread in water by smashing it. Then dissolve approximately 3-4 kg of honey in warm water and mix it with previously dissolved beebread. Pour the mixture into beer container and add yeast (approx. 150 gr).

After 24 h close the beer container and after 5 days the beverage is ready for tasting.



Source: <https://balkanlunchbox.com/>



Honey lemon throat tonic

Ingredients

- 2-3 dl hot water
- Lemon
- Fresh ginger
- 1 tablespoon organic honey
(heather honey for best result)
- ¼ tsp fresh chilli
- 2-3 mint leaves

Preparation

Peel the ginger and chop coarsely along with lemon, chilli and mint.

Add the ingredients to freshly-boiled water and brew for several minutes or to taste

Add the honey and stir to blend well





Poncha

Ingredients

- 2 lemons
- 2 oranges
- 5 spoons of honey
- 200 ml of sugar cane rum

Preparation

Squeeze the lemon juice. Squeeze the juice from the oranges. Pour the honey, lemon juice, orange juice and sugar cane rum into a pitcher, mix well with a "Mechelote" (typical wooden stick to mix the ingredients)





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